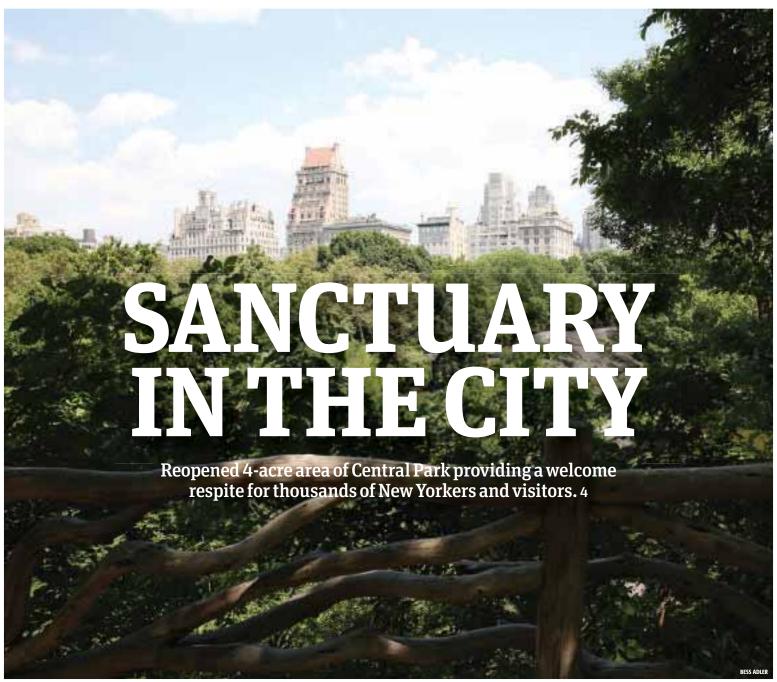


Lake Bell gets nine lives in 'Pets.' 21

Mets midseason report card. 26





METRO.US **NEW YORK** MONDAY, JULY 11, 2016



### **MONITOR: BIN LADEN'S SON THREATENS REVENGE FOR FATHER'S** ASSASSINATION

The son of Osama bin Laden has threatened revenge against the U.S. for assassinating his father, according to an audio message posted online. Hamza bin Laden promised to continue the global militant group's fight against the United States and its allies in the 21-minute speech entitled "We Are All Osama," according to the SITE Intelligence Group. "We will continue striking you and targeting you in your country and abroad in response to your oppression of the people of Palestine, Afghanistan, Syria, Iraq, Yemen, Somalia and the rest of the Muslim lands that did not survive your oppression," Hamza said. REUTERS

### INDIA'S MODI IN SOUTH AFRICA FOR TALKS WITH **ZUMA, TRADE SUMMIT**

Indian Prime Minister Narendra Modi met South Africa's President Jacob Zuma on Friday to discuss boosting investment and trade, in a continent where India is playing catch-up to its Asian rival China. Modi in October hosted the leaders of 54 African nations, including Zuma, in the biggest India-Africa summit, promising \$10 billion in credit to back a "partnership of prosperity." Modi, who arrived from Mozambique, is also due to visit Kenya and Tanzania. "Indian companies hold strong business interests in South Africa. About one-fourth of our investment in Africa are in this country and there is potential to expand our business ties," Modi told a media conference before a business summit between the two countries in the capital Pretoria. REUTERS

### MERKEL EXPECTS NEW **BRITISH PM TO LAUNCH** FORMAL EU EXIT TALKS

Germany expects Britain to trigger Article 50 of the European Union's Lisbon treaty to begin the formal process of leaving the bloc once it has picked a new prime minister, Chancellor Angela Merkel said on Sunday. Merkel also told German broadcaster ZDF in an interview that Britain would not be allowed to "cherry pick" what it wants to keep from its EU membership while jettisoning aspects of the relationship that it does not like. "The decision [of Britons to leave the EU] has been taken and the next step is — and Britain will do this only when they have a new prime minister — to invoke Article 50," said Merkel, Europe's most powerful leader who will play a key role in shaping London's future relationship with the



High heat and humidity could fire up severe storms by midweek, GETTY IMAGES

### HEAT WAVE TAKING NORTHEAST OUT OF THE COMFORT ZONE

Get ready, Mother Nature is getting locked and loaded to send some pure heat our way along with a pretty good chance of severe storms, with the highest potential for midweek to late in the week. The core of the heat

and the longest running will be centered across Philadelphia and southern New Jersey, where the heat wave should kick in by Wednesday and last through early next week. Seven to eight days of 90-plus temperatures will take a toll on the entire region. The exception will be the Jersey Shore, where afternoon winds skimming off the cooler Atlantic will hold temperatures in the low to

New York City and central and northern New Jersey will get into the heat wave as well, with readings hitting



the 90s by Wednesday, which should pretty much hold around the 90-degree mark through the weekend and into early next week.

The arrival of the heat and humidity will be marked by possible severe storms for Wednesday and again by late Thursday or Friday. Humidity levels should be reduced some for the upcoming weekend. However, the atmosphere's cooking range should hover near 90 or just above.

The place to be will be the Long Island beaches, facing the South Shore as afternoon sea breezes will feel oh so good. The

Hamptons where they pay for cooler temperatures will see the mercury hovering in the more comfortable lower

Lucky Boston should see the mercury only kiss 90 degrees on Wednesday with readings pretty much holding in the uncomfortable upper 80s with a good deal of humidity from Wednesday through Friday. Storms should fire up on Wednesday and Friday as well, as the Capes will enjoy glorious afternoon sea breezes.

So in summary, the first serious stretch of a prolonged heat wave is taking aim at Philadelphia and New York City

### New York

Today: Sunshine, pleasant, High 83

Tuesday: Sun, warm,

Wednesday: Humidity, heat rising, late storms,

Thursday: Hot and humid, isolated storms, High 91

Friday: Hot and humid, scattered storms, High 92

### Weekend

Saturday: Not as humid, High 89

Sunday: Hot, isolated storm, High 91

as we move into midweek, with the crux of the heat wave centered THE U.S. PREMIERE

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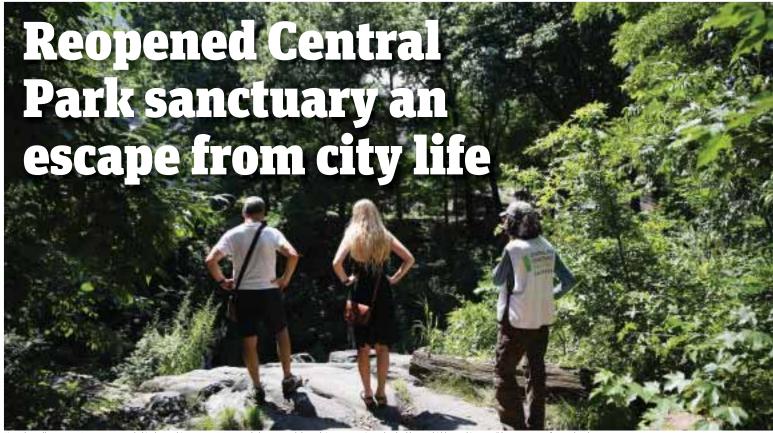
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METRO.US MONDAY, JULY 11, 2016



Since the Hallett Nature Sanctuary expanded its hours this summer, 6.600 people have passed through its gates to view what had been a hidden and inaccessible 4-acre area of Central Park, ALL PHOTOS BESS

More than 6,600 Manhattan residents and visitors have explored the fauna and wildlife of 4-acre peninsula closed in the 1930s.



Though skyscrapers tower over the lush trees and sirens wail only a few hundred yards away, the Hallett Nature Sanctuary in Central Park is about as close as Manhattan residents and visitors can get to escaping city life without leaving.

The 4-acre fenced preserve, located just south of Wollman Rink and open to the public this summer on a newly expanded schedule, was one of the park's best-kept secrets, open only sporadically since 2013.

However, its popularity has increased since it reopened April 1. More than 6,600 people, park officials said, have crossed through its rustic gate.

"Visitors have been amazed that such a beautiful, tranquil landscape exists just a few feet away from the hustle and bustle of midtown Manhattan," said Douglas Blonsky, president and CEO of the Central Park Conservancy, the nonprofit that manages the park.

Barry Donaldson and Bill Tripician of the Upper West Side were among those visiting Sunday for the first time.

"We've lived in the city for 45 years and walked around the perimeter [of the Hallett], but never went in," Donaldson said. "Through the years, I'd walk five to six miles through the park every day, trying to identify different types of plants. This is just fantastic.'

Along the trail are signs that identify ferns and sumacs, among hundreds of other species that form a habitat for birds and beneficial insects.

The sanctuary, previously called the Promontory, is a hilly peninsula jutting into the Central Park Pond. In 1934, too wild for human visitors, it was closed off and preserved as a bird sanctuary.

Fifteen years ago, the conservancy began revitalizing the wooded area, which had become overgrown with knotweed.

"Much of the work to restore the Hallett was performed by high school students," said the conservancy's Carla Sylvester. In 2003, the organization



created a youth community service program, Restoration of the Outdoors Organized by Teen Students (ROOTS).

"Originally, the stuwork focused dents' on eradicating invasive plants and building and maintaining trails," Sylvester said. ʿ

The massive undertaking paid off for the health of the ecosystem.

"We began offering

open hours in an effort to teach visitors what it takes to revitalize and care for a seemingly natural landscape," Sylvester

This year ROOTS improved the paths by laying wood chips. Visitors can walk the trail in as little as 15 minutes or stroll along slowly and take everything in at their own pace. Guides are on hand.

At the top of the trail

is an overlook of the reedlined pond and its waterfowl. Other Instagramworthy photo ops include the base of a tree felled by Hurricane Sandy and the top of the waterfall that flows into the pond.

To preserve the peacefulness, only 20 visitors are allowed in at a time.

"The only thing I didn't like was waiting in line to see nature — so New York," said Deirdre

Read, a Windsor Terrace resident and birder who visited in the spring.

Admission is free during open hours, which are from 11 a.m. to 1 p.m. Sundays, 2 to 5 p.m. Mondays and Fridays, and 2 to 7 p.m. Wednesdays through Aug. 31. Seventy-five-minute guided tours are available and have been selling out; admission is \$10 for members and \$15 for nonmembers.



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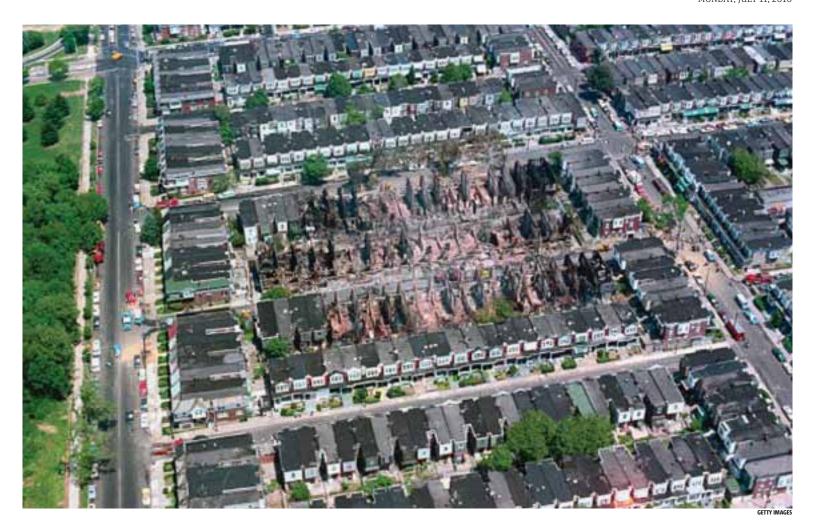
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### MOVE leader recalls Philadelphia's agony last time police used explosive on US soil

Bomb delivered by robot to end standoff in Dallas revives memories of conflagration in 1985 when protest group's home was bombed by police.



Before Dallas police used a robot equipped with a bomb to kill the heavily armed gunman who had shot 12 officers, killing five, more than 30 years had passed since law enforcement had used an explosive on U.S. soil.

It's something Philadelphia will never forget: the bombing of the MOVE organization's West Philly residence in 1985. Eleven inside were killed. The ensuing

conflagration destroyed dozens of nearby row homes.

"When that bomb was dropped, killing 11 men, women and children, blowing limbs apart, you saw nowhere in the papers where they showed empathy for my sisters and brothers that were murdered," said Pamela Africa, 69, a surviving member of MOVE who was not in the house at the time of the bombing.

The home was bombed after a long standoff with police, who dropped two small explosives from a helicopter onto the house. That standoff followed a previous confrontation in Powelton Village seven years earlier in which a Philly police officer was killed.

To stop Micah Xavier Johnson, 25, a former U.S. Army reservist who allegedly used a semiautomatic AR-15-style rifle to kill five police officers and wound seven others guarding a protest of two recent killings of black men by police officers, Dallas police strapped a one-pound brick of C-4 to a bomb-disposal robot, detonating it where they had cornered the shooter who refused to surrender.

Police Chief David

Police Chief David Brown, who said they chose to use the robot after about two hours of negotiation with Johnson, told CNN that he personally asked his officers to "use their imaginations" to neutralize the threat.

"I approved it and would do it again if presented with the same circumstances," Brown said of the use of the robot, adding Johnson, who was believed to possibly have explosives, had taunted negotiators and asked how many cops he had shot.

"I began to feel that it was only at a split second he would charge us and take out many more before we would kill him. ... Without our actions, he would have, he would have hurt more officers," Brown said. "I appreciate critics, but they are not on the ground. And their lives are not at risk."

Nonetheless, the use of a bomb delivered by a robot has led to some questioning of police use of force, adding to the debate already underway about police killings of black men. Protests have continued in New York City, Boston and Philadelphia over the weekend, although all have remained peaceful.

"The use of a robot to not simply capture, but to kill a suspect, brings to mind all kinds of fears of automated assassination and potentially the dangers to 'innocent bystanders' in such engagements," wrote American studies professor Javier Arbonna of UC Davis.

Others have said this use of force does not indicate new concerns about the "militarization" of American police, given the bomb was improvised by police.

"This was an ad hoc use," wrote robotics expert Peter Singer in an opinion piece for CNN. "There is no doctrine that planned this out, no training manuals that police were following, nor development programs for this use."

New York City Police Commissioner Bill Bratton said the use of the robot deserves public scrutiny on ABC's "This Week."

"It is the first time that type of action has been initiated here in the United States and it deserves to be reviewed," Bratton said.

U.S. police have previously used robots for tasks from surveillance to investigating potential bombs to delivering pizza to a suicidal man in California. But soldiers in Iraq and Afghanistan have reportedly used robots to deliver bombs.

To Pamela Africa, the use of the bomb amounted to police executing Johnson.

"It's very, very clear that they did not want that man to live," she said. "They did not want people to hear what he had to say, they did not want a trial. ... They sent that robot in, they could have sent it in with a chemical to knock him out. ... It is factually obvious that they wanted to kill him."

Additional reporting by



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### POLICE CAREER

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### MTA Police Officers Salary and Benefit Information\*

- Starting salary of \$41,000 (Upon completing 7 years of service the top pay is \$99,368 amountle)
- Attractive work schedule:
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   (Eury third week officers are required to work
   a fourth 12 hour and 20 minute shift)
- Excellent promotional opportunities
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- Tuition reimbursement
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- . Defirred compensation: 401k/457 plans
- Comprehensive sick have henclifs.

"Salary and benefit information subject to change.

### Written Examination Qualifications To qualify to take the written examination a candidate must:

- . Be a U.S. citizen: and
- . Have a high school diporma or GED; and
- Be at least 19, but not more than 35 years of age, as of the date of the written examination (Candidates who exceed this age requirement but who have a period of active military duty or terminal leave, not exceeding a total of 6 years, shall have these years subtracted from their age.)

### **Application Process**

Candidates **must apply online** to be considered for the MTA Police Officer written examination. Candidates who meet the quantizations will be excluded in a random selection process to be considered for the written examination. There is **no guarantee** that any candidate will be selected to take the written examination or considered for any of the other steps in the selection process.

If selected for the written examination, all candidates' ages will be reassessed to confirm they meet the eligibility requirements. If a candidate who is randomly selected to take the written examination meess the requirements, he or she will receive instructions with regard to providing the required non-refundable application fee in the amount of \$40.00.

Those who pass the written examination may be invited for additional steps in the process, including a physical furness test during the Cooper Standard for Physical Furness), punel interview, complete background investigation (felority and some misdemeanor convictions will disquality candidates), medical examination, psychological evaluation, polygraph, successful completion of the curriculum at the Police Academy, and a probationary period.

Passing the written examination of any other step does not guarantee selection for further steps in the process.

### Appointment Qualifications To qualify for appointment a candidate who has met all of the above requirements must also:

- . Possess a valid driver's license at the time of the panel inserview
- Have a minimum of 60 credits with a 2.0 average from an accredited college at the time of the panel innerview; or
- . Have 2 years satisfactory, full-time active service as a sworm police officer; or
- . Have 2 years active duty U.S. military experience with honorable discharge; and
- . He at least 21 years of age at the date of appointment; and
- Reside in New York State, New Jersey or Connecticut at the date of appointment and continue to maintain residence in New York State, New Jersey or Connecticut for the term of their employment with the MTAPD.

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Online applications may be submitted from Friday, July 1, 2016 through Monday, August 15, 2016. Applications submitted by mail will not be accepted or considered.

### Expiration Date



Applications received in response to this posting will remain active until Wednesday, November 30, 2019.

Unless otherwise notified, after November 30, 2019, all applications submitted in response to this posting will no longer be considered.



The MTA is an equal opportunity employer.



### Giuliani blames Black Lives Matter for violence against police

To former Mayor Rudy Giuliani, the Black Lives Matter movement is to blame for the deadly ambush in Dallas that killed five officers Thursday.

Speaking on the recent spate of violence across the nation, including the deaths of Alton Sterling and Philando Castile, Giuliani told MSNBC's Brian Williams that anger against police is because of Black Lives Matter.

"When you're talking about Black Lives Matter, the black young boy who's killed by another black young boy is just as dead as a black young boy killed by a police officer," Giuliani said, adding that the former happens "nine, 10, 12, 50 times more" than the latter.

"I think the reason there's a target on police officers' backs is because of groups like Black Lives Matter. They make it seem like all police are against blacks," New York City's former mayor said.



"They're the ones saving black lives. Black Lives Matter is not saving any black lives, it's the police officers."

Within a 48-hour period last week, two black men were killed by police officers in what protesters are calling unjustified uses of deadly force. Sterling, 37, had been selling CDs outside a convenience store early Tuesday when at least one Baton Rouge officer fatally shot him. Wednesday night, Castile, 32, was shot and killed during a traffic stop.

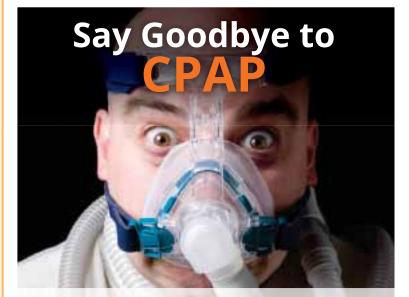
Giuliani went on to say that he doesn't think police officers are inherently racist. He said that police departments need to get rid of any remaining racism and "prosecute the bad ones."

"Let's teach everyone, including the children of the black community, that most of those police officers are the reason you're alive," Giuliani added. "Because the real danger to you is that black kid who is going to shoot you on the street."

After an attack on police during a peaceful protest in Dallas that left five officers dead, Black Lives Matter co-founder Alicia Garza responded to such accusations by Giuliani and others that the movement is to blame for such violence against police.

In a separate interview with MSNBC, Garza said, "Black Lives Matter has never, ever called for the murder of police officers.

"What we have said
... is that it is time in this
country for policing to be
accountable, transparent
and responsible." ALEMISSACHDEV



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## Cops ticket bike riders after cyclist hit and killed in Brooklyn bike lane

The city works to crack down on cyclist and driver violations, but bike riders say, especially after a recent death, that they are unfairly targeted.



The battle for New York City streets between cyclists and drivers is nothing new — neither is the talk from bike riders about aggressive ticketing by cops.

But these issues took a new turn this week when the hit-and-run of a cyclist in Williamsburg — who was struck while in a bike lane — was followed by the ticketing of riders.

Matthew von Ohlen, 35, was riding east in the bike lane along Grand Street between Manhattan and Graham avenues just after 2 a.m. on Saturday, July 2, when he was struck by a black Chevy Camaro sedan with tinted windows, police said. The car then fled the scene.

Authorities have since located the vehicle, but the driver remains at large. According to PIX11, police believe the incident was intentional.

Von Ohlen "cofounded Bikestock, which operates self-serve bike repair kiosks in Brooklyn, Manhattan and Massachusetts," the New York Daily News reported. According to the publication, 11 cyclists have been killed in New York City this year as of last Thursday, while five were killed during the same period a year ago. City officials told the Daily News that the increase could be due to more people commuting by bicycle.

A day after Von Ohlen was struck, PIX11 reported that bicyclists in the neighborhood's 90th Precinct, not drivers, were the target of the NYPD — and were issued tickets for violations such as running red lights.

"When they got to the intersection of Grand and Graham on their way, police officers were there to stop them and hand out pamphlets on cyclist safety," Greg Fertel, who lives in the area told Gothamist. "I found this to be pretty enraging — I don't think that this was an issue of cyclist safety."

These crackdowns in the face of seemingly more driver violations isn't anything new. A 2014 Gothamist article pointed this out: "Today, the NYPD announced it would begin two weeks of focused enforcement on 'hazardous violations' that endanger pedestrians and cyclists. Though it seems clear from numerous studies that the most hazardous violations are perpetrated by drivers ...

The city has as recently as May made an effort to crack down on drivers who obstruct bike lanes and fail to yield to cyclists, according to CBS3.

"We believe in protecting everyone on our streets," Mayor Bill de Blasio was quoted by CBS3. "This targeted initiative

will make sure New Yorkers on bikes have clear bike lanes and safe conditions as more ... people take to the streets."



Matthew von Ohlen, 35, was riding in a Williamsburg, Brooklyn, bike lane when he was killed by a hit-and-run driver. RACHEL HUFFINE, METRO



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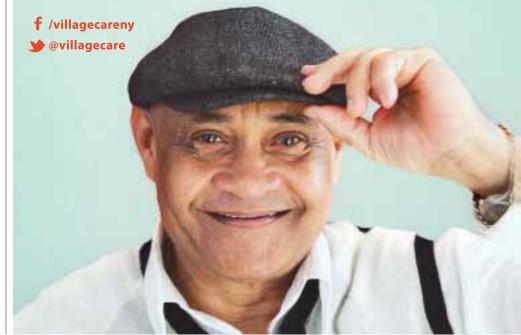
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### **BRIEFS**

### Man charged with owing over \$78,000 to E-ZPass

The E-ZPass experience got a lot more difficult for one New Jersey man this week, after he was arrested for failing to pay a bridge toll, as well as owning at least \$78,000 to the service.

The Port Authority said Spirodon Fragoulias has more than 850 violations on his record, owing about \$42,000 in fees and \$36,000 in tolls, according to an Associated Press report.

He was reportedly arrested Thursday while crossing the Goethals Bridge from New Jersey to Staten Island, allegedly driving through the E-ZPass lane without registering a fare.

He faces petty larceny and obstructing governmental administration charges, the AP said

His truck was also impounded, along with his E-ZPass device, according to NBC4. CHRIS CAESAR





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### Off-duty NYPD cop likely will be charged for road-rage slaying

A newly released video sheds light on the incident.



ALEXIS SACHDEV @MetroNewYork

After new video surfaced showing an NYPD officer off-duty gunning down another man, experts said the officer will likely be fired.

The video, obtained exclusively by the New York Post, shows Officer Wayne Isaacs waiting one second before firing two shots through his car window at Delrawn Small. Early reports indicated that Small, 37, had approached the officer's vehicle and punched him several times in the head through his open window.

Isaacs, also 37, was driving on Atlantic Avenue in Cypress Hills around midnight on July



Fourth when he had allegedly cut off Small. Small then followed the officer for about seven blocks until the two were stopped at a red light, when Small exited his vehicle.

"Deadly physical force is supposed to be used as a last resort," former NYPD sergeant and adjunct professor at John Jay College of Criminal Justice Joseph Giacalone told the New York Post. "[Isaacs] could have rolled up his window. He could have backed up his car. ... It doesn't appear as if he was being physically assaulted, as he was claiming. So I think this video is going to be a problem for this officer.'

"What I'm seeing is the police officer engaging in intentional unjustifiable killing of a human being, which is known as murder," defense attorney Kuby told the Post.

Isaacs has since been placed on administrative duty.

Attorney General Eric Schneiderman is investigating the shooting. His office issued a statement Friday, vowing to "follow the facts and evidence - including this video evidence - wherever they lead."

### **Are You Ready for a New Career? AVIATION HIRING EVENTS!!** Wednesday, July 27, 2016 -9:30am to 4pm

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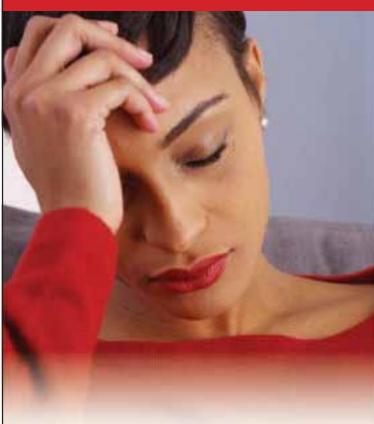
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### THE BAD NEWS **BEARERS**

This past week was full of horrible news, and in political terms this one could be pretty awful too as both parties close in on their conventions to nominate two of the least-liked candidates in modern times. So brace yourself. Here are my three things to watch this week:

### 1. CRY HAVOC

Gun control, race relations, police conduct, public trust, terrorism; can we find any more explosive issues to throw into the mix? Republicans and Democrats alike went into the weekend so staggered by the torrent of terrible stories, they seemed unsure which voters to pander to first. That is sorting itself out. Expect new heat on Capitol Hill on firearms, Hillary Clinton's emails and racial animus. Any solutions? Not a chance. But there will be news conferences, strong statements and accusations aplenty.

### 2. COMMITTEES RULE!

Weird: The rules for each party's nominating process are worked out right before the nominee

### TOM **FOREMAN**

**Opinion** 

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously."

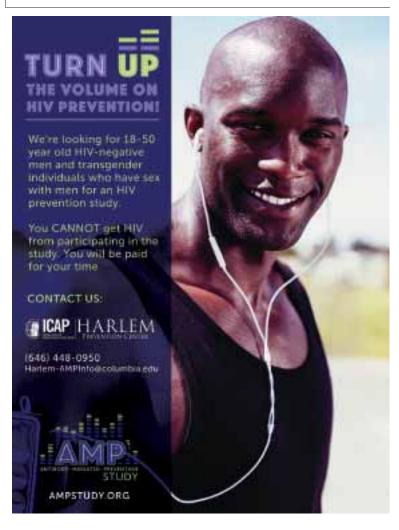


is picked. So this week the RNC Rules Committee will gather ahead of the Republican Convention in Cleveland to decide how Donald Trump will be crowned Republican-in-Chief. Or not.

For months, Dump Trumpsters have schemed to pry the scepter from his hand. If they can work a crowbar into the committee it is still not utterly impossible, although the odds of them pulling it off are virtually nil at this point. Still, watch for breathless coverage of any last minute wrangling to bump the

### 3. BERNIE WHO?

Remember last spring when the Bernie Sanders Army was pledging to push their man to victory at the Democratic Convention come what may? Now, not so much. They still love him. Many still dislike Hillary Clinton. But this week their man in Washington is expected to endorse the opponent he once ripped for her (still) secret, big money speeches to Wall Streeters. Clinton, meanwhile, will have her eyes on Broadway. Her campaign is hosting a fundraising performance of "Hamilton" with seats going for \$2,700 to \$100,000. Which, I think, is pretty much the regular cost of a ticket to that smash hit these days.





### Planned Service Changes



### Jul 11 – 15 Mon to Fri 10 PM to 5 AM

No 4 G 3 trains between 59 St-Columbus Circle and Jay St-MetroTech.

- A and I trains are rerouted to the 6 Av Line.
- - Via the between 59 St-Columbus Circle and 34 St-Herald Sq.
  - Via the between 34 St-Herald Sq and Jay St-MetroTech.
- 3 trains run via the 3 and 3 in Manhattan:
  - Via the between 5 Av/53 St and 34 St-Herald Sq.
  - Via the between 34 St-Herald-Sq and 2 Av.
  - The 2 Av 3 station is the Manhattan terminal for 3 trains to/from Queens.
  - No trains between World Trade Center and 7 Av.

Service to Manhattan runs until 9:30pm. Brooklyn-bound service runs until 10PM.

### **Travel Alternatives**

- Use 6 Av ① ① stations to connect with rerouted ② ① trains.
- Take 0 0 0 0 0 0 for service to/from Lower Manhattan.
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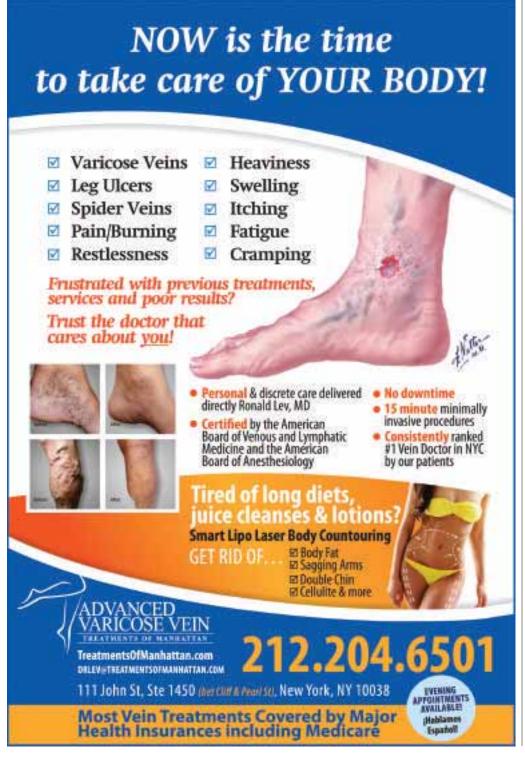
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METRO.US MONDAY, JULY 11, 2016

# Police in New York City attempted to keep protesters from entering the streets and blocking traffic. LENYON WHITAKER, METRO



# Three countries urge caution traveling to US amid protests and violence

The U.S. regularly issues travel warnings urging Americans to either avoid or exercise caution in countries marred by violence or political instability.

Three countries have warned their citizens to stay on guard when visiting U.S. cities rocked by sometimes violent protests that erupted after a string of police shootings of black Americans.

America is the focus of concern by foreign governments in the Middle East and Caribbean as protesters marched in U.S. cities throughout the weekend after police killed black men in Louisiana and Minnesota.

The protests have led to numerous arrests, scuffles and injuries in confrontations between police and demonstrators. America was also tense after a lone black gunman on Thursday shot dead five police officers during a protest in Dallas.

The U.S. embassy of Bahrain, a tiny Middle Eastern island nation, on Saturday urged citizens via Twitter to "be cautious of protests or crowded areas occurring around the U.S."

Bahamas, a Caribbean nation where most people identify as being of African heritage, on Friday warned its people to be careful when visiting U.S. cities rocked by "shootings of young black males by police officers."

"In particular young males are asked to exercise extreme caution in affected cities in their interactions with the police. Do not be confrontational and cooperate," Bahamas foreign ministry said in a travel advisory.

The United Arab Emirates urged its students and other citizens in the United States to also be careful, using similar language the U.S. State Department employs when warning Americans about countries that have fallen victim to attacks by extremists.

"Please be aware of immediate surroundings and avoid crowded places when possible," the UAE embassy said in a statement that urged people to stay away from any demonstrations. "Exercise particular caution during large festivals or events, be alert and stay safe."

In July alone, the United States has issued travel warnings for Bangladesh, Venezuela, Iraq and Mali.

On Sunday, some tourists in New York's bustling Times Square said they were nervous about the tension and recent violence in America. "I don't like to be in crowded places anymore," said Eleanor Fairbrother, who was visiting from Ireland.

### BRIEF

**Obama says attacks on police hurt Black Lives Matter cause** President Barack Obama has

President Barack Obama has warned that attacks on police over racial bias would hurt the anti-racism Black Lives Matter movement, days after a sniper killed five police officers in Dallas in apparent revenge for police shootings of black people.

Obama said although most activists from the Black Lives Matter movement wanted to see

better relations between communities and law enforcement, violence and overly broad criticism against police undermined the protest movement.

"Whenever those of us who are concerned about failures of the criminal justice system attack police, you are doing a disservice to the cause," Obama told a news conference in Madrid where he is on a one-day visit. REUTERS



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pain free ... or eliminated quite a bit of their skeptical just like you... and are now either have included. These patients were once at all all the actual patient testimonials we If you want instant proof - you can just look

us a call. As you can see - they are happy they before finally deciding to take action and give they saw this information SEVERAL times Here's the most important thing: Many said

playing golf again, dancing again, riding bikes again and going for long walks again. Once crippled with knee pain, they are

### But We Do Get

### way to slow it down - or get any back once it nnich sooner." Let's be very clear about this And it is: "I wish I started this treatment Time is the most precious thing. There is no One Very Common Complaint

the life you want and deserve? you to get rid of your knee pain and start living suffering in pain is a tragedy. Isn't it time for one more second than you have to. Missing life All the more reason for you to not suffer even

degenerated and your ONLY option will be no return", the entire knee joint can be the more pain. If you wait "past the point of gets worse over time. The longer you wait treatment. Like many diseases, arthritis only to success in medicine is early diagnosis and total knee replacement. the more damage to your knee and eventually And please understand this: One of the key

### pain, here is why you should act NOW: If you are suffering with knee arthritis

and directly apply these gel-like medicines words, your knee joints basically "dries up. in the lubricating fluids in your knee. In other to move more freely and smoothly and often lubricating fluid to the knee joint - allowing it into the knee joint. This helps replace the that... during treatments... doctors precisely can now make synovial fluid-like compounds decreasing or even eliminating pain The lubricating fluid that decreases is called When you have arthritis, you suffer a decrease "synovialfluid". Pharmaceutical companies

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patients get the best possible results. double confirm the precise placement of the arthritis medicines used. This is to help ensure Technology, NYPain MD doctors are able to

# Another Important Factor

great effort is taken to figure out which is best respond better to some than others. While Viscosupplementation medications also come experts at NYPain MD use several and many doctors only use one type or brands, the ups. Just like all medications, some people in several different brands and chemical make-

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to schedule your screening \* 800 2 2 7 KNEE covered by many insurance plans, union plans month. This screening is no cost and there is work comp and even Medicare. Call procedures offered at NYPain MD are often schedule your screening. Many of the no further obligation. Call 800-227-KNEE to For a complimentary screening, call 800-227treatments offered at NYPain MD. candidate for one of the cutting-edge questions answered and find out if they are a a way for knee arthritis sufferers to get their screenings every month. These screenings are KNEE. The screenings fill up fast every complimentary knee arthritis treatment NYPain MD offers a limited number of

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### qualified candidates: Many insurances cover these treatments for Most Out-of-Nathrick Research Plans

wited Health Care to Network & Dut-of-Network (\*turney URC Community Plan)

Most Chine Plans . Transit Worker Plan Traditional Medicars • AARP Medicare Auth decadent plants Hark Retailed Injuries Work Comp

Out of acutions: Cross Blue Shield & others form \*Calina \* Calpina \* Calpina \* Calin \* Li 99 Jilhu

\*EZ payment plans and immering also unullable

next to them! My gays on the golf course would say Hey, look at this he doesn't need us keep up with these guys who walk - I'm right tjust go right to the golf course. I'm able to

to put the ball up any more When I'm playing on the course I don't haw

I'm out there playing and pain. any pain any more I don't have any aches

"Ifeel like a new woman"



and go out. It was so gentle. be in pain and I can just pick up and get dressed treatment I goof around with my night. My leg was pounding. There were times grandchildren. I feel like a new woman. It's would have it for the whole night. After the would get in pain and I would be misemble and when I set too long the knee would tighten up. I came to the clinic because I was not skeping great. I know I don't have to sit on the couch and



gays and myself we took a couple of rides out in the woods and we had a good time and I couldn't a period of time and I knew something had to be It got to the point where I couldn't stand up for do that for years and now I'm able to do it again I'm able to take out my bicycle a couple of the know it... it's dane and you're outs there. Now he is going to do the procedure and before you puts your log in a machine - he shows you where done about it. You walk into the doctors office - he

> better, I decided to do something about it and I saw that my condition was not getting any I took over-the-counter would work so It's amazang, indescribable. I feel like a new woman and started treatment. The feeling of getting I immediately made an appointment - I went I know it was something more senous. When back to my dancing and my mobility is The pain was excruciating like 247. Nothing

### "I am exitatic with the results of this procedure"



the results of this procedure because I could not are up and walking out the door. I am eastatic with and lighter. Lind to step and just walk home. One day, as I was naming, my lense got tighter issues. I felt good - it just opened a door that was nin just weeks before. I ran my race without any You sit there for about 2-3 minutes and then you They x-rayed me and said I was a candidate for it

# "I Can Finally Live My Life"



I can finally live. I can finally live my life. anymore. Since going through the procedure he less dependent on them. I don't fied helpicos my health. Since the treatment, I've been able to I was becoming addicated to it and it was changing Prior the the relief center I was taking (9:30) and

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treatment and why waiting can decrease your chance to live a pain free. life again Why patients come from all over the Tri-State area for this knee arthritis pain

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Medical Relief For Spine And Joint Pain NY Pain MD, a center for Non-Surgical available today. And why waiting can what every knee arthritis sufferer should thousands of knee arthritis patients. Here is locations in New York City that has treated Relief, is a medical clinic with multiple drastically decrease your chances to live a know about the best treatments and options pain free life again.

agonizing knee pain. It might even keep you possibly save you from years and years of from getting total knee replacement surgery. Please pay careful attention. The information you are about to read can

to have to ask for a bit of patience from you if and it often gets results when many others make it much more effective for many ... way we do this treatment that can possibly and did not get the results they wanted. But I treatments to what we are going to talk about already tried what seemed to be similar appears to be at first glance. In fact, I'm going medical treatment... but it is NOT what it What you are about to read is a cutting-edge DIFFERENT about the technology and the assure you there is something VERY many) other knee arthrits pain treatments you have already unsuccessfully tried my (or You see, many knee arthritis sufferers had

tri-state area and beyond to have their knee This is why patients come from all over the

What Results Can Be Expected?

uncommon for patients to either postpone knex arthritis sufferers get dramatic results. It is not expect the same results as any of our other permanently cancel it. replacement surgery for years... or even patients. But to be 100% clear - many knee individual results - so we never tell anyone to can expect. Everyone is individual and gets statistics proving what the "average" patients impossible to predict results and there are no vary and can not be predicted. In fact, it is Like all medical treatments, the results

# What Are Treatments Like?

after your procedure. flu shot. You walk out of the clinic just minutes only 10 minutes and most say it is like getting a painless. The total time of the procedure itself is Treatments are simple, fast and virtually

# But There Is A BIG Problem

if the procedure is just slightly off, the what they call "Precision Arthritis Targeting the treatment will not work. medication will not get into the knee joint and PRECISE. Often ignored by many other clinics Technology" or P.A.T.T. so they can see the The key is the treatment must be EXTREMELY That's why the experts at NYPuin MD use

procedures without Precision Arthritis live motion- during the treatment Research shows that doctors performing

moderne going directly into the knee joint - in

P.A.T.T. and did not get good results - this may Stem Cells or PRP) without the exactness of Impeting can miss the joint as much as 30% of the time. If you had viscosupplementation (or

"I cannot ask for better results"



were outstanding. I cannot ask for better implemented. The results I had at NYPain MI digital monitor to locate the space that they use results. After the treatment I was able to go back evaluated and the treatment schedule I had (replacement) surgery scheduled last year. Dr. Stanley Weiner MD the treatment for and it's... it's like exact science to work with no discomfort at all. They use n was arraped at the case with which I was Three months before I made an appointment ... Dr. Stareley Weaver, M.D. - Surgeon

"Hey this feels terrific"



I stood up and I said, "Hey this feels terrific." are in and out. When I got up out of the chair replaced. The NY Pain gays said after looking at x-rays they could help. That procedure is so basic so simple so quick in 15 minutes you ago I west to see an Orthopodic Surgeon and said my knoos were shot and I nood to get them I was diagnosed bane on bane about 2 years

"I don't have any pain any more"



After I had the treatments... the last tuneup...

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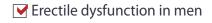


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### Israeli attorney general orders inquiry linked to Netanyahu

The terse statement followed days of Israeli media speculation about possible official suspicions of misconduct by Netanyahu or by people close to him.

Israel's attorney general has ordered an inquiry into "matters" related to Prime Minister Benjamin Netanyahu, the justice ministry said on Sunday, without saying what they were.

Through his lawyer, Netanyahu - now serving his fourth term as prime minister - has denied any wrongdoing.

Attorney General richai Mandel-Avichai blit's decision followed "the receipt of information about matters that relate, inter alia, to the prime minister" and which he has discussed with senior Israeli police and prosecutors, the statement said.

"It should be emphasised that this is an inquiry and that no criminal investigation has been launched

ter,' said. An inquiry can potentially be a preliminary stage to a crimi-

regarding

the prime minisnal investigation.

The statement described the media reports on the case as inaccurate, to say the least", but said Mandelblit could not comment further at this stage.

First elected to rael's top office two decades ago, Netanyahu has weathered several scandals, including a police investigation and state audits into his family's spending.

REUTERS

Israeli Prime Minister Benjamin Netanyahu

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### Are Kim and Kanye on the outs?

Gossip, gossip. There's just no way to stop it. Everybody knows it's an attention-grabbing monster. Rumors of discord between Kanye and Kim Kardashian West surfaced this weekend when Radar Online scored photos of the celebrity couple looking somewhat listless while walking daughter Nori to a playdate. They reported that KimYe are having — of all things - sex troubles, and that



a rare but potentially court-avoiding "midnuptial agreement" has been worked out, with a divorce potentially forthcoming; citing sources.

Celebrity stories attributed to blind sources are Hollywood's second-biggest export, and might be best read as literally as horoscopes, but what can factually be reported by the paparazzi pictures is that Kanye West wore sweats, a chain and his customary facial expression, while Kim wore a black dress and leggings, and sunglasses. America's favorite family to hate still looks like they always do: famous.

### Derek Jeter finally settles down

One of America's most notorious bachelors is finally off the market, as this week retired New York Yankees shortstop Derek Jeter married his partner of four years, model Hannah Davis. The two were wed Saturday in Napa, California, according to the New York Post, in a small ceremony of less than

100 guests - only three of which were Jeter's former Yankees teammates. Jeter, 42, has long held a reputation as one of the world's most prolific Casanovas, previously having been attached to everyone from Mariah Carey to Minka Kelly. "The Captain" retired after the 2014 MLB season and proposed to Davis in October, a few months after the couple made their public debut at the 2015 Met Gala. Davis, 26, is a former Sports Illustrated Swimsuit Issue cover model, and wore a custom Vera Wang gown during the ceremony. Friends have said they expect the two to begin a family in short order. Sorry, ladies.





**@iamrashidajones** I wish people would protect the First Amendment with the same fervor as they have the Second Amendment. #FreeDeray

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### Lake Bell finds her spirit animal Real talk

The actress and filmmaker learned how to turn feline for "The Secret Life of Pets.



In the animated comedy "The Secret Life of Pets," Lake Bell plays Chloe, a voluptuous, pampered cat. (The marketing team isn't calling the cat "fat" or "chubby" or "tubby," though there are several throwaway jokes about her girth preventing her from doing nimble cat things in the movie.) The actress and filmmaker is

editing the marriage comedy "What's the Point?" (It's her follow-up to "In a Word...") and in real life, she's a dog person. But she's open to switching teams.

So, are you a cat or a dog person?

If I'm being honest, I'm going to have to say I'm a dog person, but that's only because it's what I know. I grew up with dogs, in a house of rescued dachshunds, so that was just my reality. That said, I'm not prejudiced against cats. I think

they're great. I'm really coming around to them. In my house, I'm constantly telling my husband I want a cat, but he's like, "Nope,' because he is staunchly a dog person.

You have expe-



rience being a cat now. You're an expert. You can pretend you're a cat and show him what it's like. Oh, I know. I may do that as a way of campaigning to get a cat, though I don't think Chloe is a good example of why we should invest our time in that. But a rescue kitten is a way in. I'm trying to get my daughter to fall in love with a rescue kitten

and then he has to say

Did you ever catch your dogs doing anything superweird, like in the movie? Throwing parties? Yeah! My sort of dog partner in life, for 15 years, Margaret, a rescue pit bull, she passed away only a few months ago - she was truly special and incredible and so

funny. Amazing comedic timing. I had these three white poodles, and if you sat down they would all three jump in your lap at once. One time I was on set and I closed the door. There was a little hole in the screen door. One of the poodles jumped through the hole, so lo and behold, I see this white poodle running at - then two, three

Do you know the film The Lobster?"

I know it but I haven't seen it yet because I'm editing my own film. I live in a cave.

Well, what animal would you want to be if you had to be an animal for the rest of your mortal life?

I think it would be a cat. Then everybody leaves you alone, and I can sleep all day, be up all night. If you left me to my own devices, and if I didn't have a kid to take care of, I would totally stay up all night and sleep all day. I do feel cat-like. Also that thing when they fall from really high distances and they kind of recover? That's pretty cool. I want to do that.

poodles running at me. Then, alas, I see Margaret, my big, brown pit bull, trying to get through the hole, getting her head stuck, falling down the stairs. She saw these poodles do this with grace, and she tried to do the same and ... failed. In a tremendous way. It's one of the most special visuals I have of my pet.



### How can I protect myself from Zika?

Instead of the usual sunburns and dehydration, summer headlines have been dominated by the Zika virus and the devastating birth defects it can cause when a pregnant woman becomes infected — or when an infected woman becomes pregnant. Confirmed cases in Brazil have thrust the virus, which was identified in the 1940s, into the news because the country is the largest in South America, and it's hosting next month's Summer Olympics.

The good news: Zika is mostly transmitted by the Aedes mosquito, which is not found in the Northeast, and all the U.S. cases so far have been a result of women or their partners being infected abroad. Which brings

us to the bad news: Summer is travel season, and Zika can also be transmitted through sex. So if you or your partner have been to an area where Zika is prevalent, you're at risk.

We talked to Dr. Brian S. Koll, executive director of infection prevention at Mount Sinai Health System, to get the facts and learn what you can do to stay safe.

We know Zika is spread by mosquitoes, but we've learned it's also sexually transmitted. The concern at the present point for us is really about the sexual transmission, because we're not seeing transmission by mosquitoes in the continental United States. What should couples who are

looking to conceive know? The virus seems to hang out in men longer than women. ... It

has been detected in semen for 60 days. And to be really overly cautious, it's recommended that a man should really consider using condoms for at least six months.

If you've been to an area where Zika is really prevalent [Koll points out that the virus has been found in countries besides Brazil, including Puerto Rico] ... and you get bit by a mosquito, you may not get sick. And if you're not sick, you're never going to know. ... Three months is really the recommended time period you should wait before you think about conceiving.

The other thing about sexual

transmission: It's not just vaginal sex; it can be anal, it can be oral. The best way to think about it is [Zika can be transmitted in the same way as] hepatitis B or HIV. Men-men, men-women, women-

What about a young, single guy who has no intention of becoming a dad anytime soon? Well, if he's young and he's single, he definitely should be using condoms in this day and age!

Is there a group that is at increased risk from Zika? The population that we're most concerned about would be women, because of the concern about pregnancy. This is not like if you are older or younger or have another illness that weakens you, you're more at risk. It's an equal opportunity kinda bug.

So sex and travel. What are the best ways to protect yourself? To prevent sexual transmission, it's really practicing safer sex and the use of [condoms]. If you're going to an area where there is Zika, it's going to be basically bug spray. And the mosquito [that carries the virus] bites during the day, it's not a night-time biter. It's

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gonna be bug spray and mosquito netting and long clothes, which is gonna be very hard to do in the summer when you're outside.

If you do experience symptoms of Zika, what would they be? Realize only one person in five will feel ill. ... Fever, muscle aches and conjunctivitis. There's no treatment. It looks like there's a vaccine that's going to be studied [but it's] in the very early stages. SHEILA DOUGHERTY





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# Why your career needs a board of directors

One mentor won't cut it in a world where job hopping is the norm.



We've all been told about the professional importance of having a mentor. So why not take that a few steps further and build your own "board of directors"?

Career coach and strategist at SoFi Rachel Kim advocates for just that — building and maintaining strong relationships with a number of advisers who have diverse skills. "Careers are no longer just a straight path, so it's important to have a variety of different experiences you can call upon for advice and support," she says.

Not sure where to start? Here's how to establish and use your own personal board.

### Pursue a diverse skills set

You might be tempted to fill your board with contacts solely within your industry, but it's important to connect with a diverse range of people who can help you grow. "The easiest connection to make is someone like you," Kim says. Reaching out to people with different experiences, skills and personalities can stretch your brain and shift your perspective, not to mention help you identify your "blind spots."

Think beyond your professional life

"Professional and personal is becoming blended," Kim says. "Every aspect of your life plays a role [in your board selection as well." Always wanted to learn more about art? Reach out to an expert who can help you explore your creative side. Seeking out others who help cultivate your interests will only enhance your professional performance.

### Regularly re-evaluate your goals

"Every year, take a step back to assess your goals and assess your board," Kim suggests. Were you able to invest enough of your personal time to make the relationships effective? Are you hoping to achieve something new and different than in the past? It might be time to make a shift toward new board members or away from others, but that's not a bad thing. It just means a larger network!

### Put in the work ... even when everything is great

Even if things are going well professionally, don't neglect the relationships you've developed. Take time to cultivate your board even when you're on the upswing. "It's the best time to broaden your networks and learn from each other," Kim says. That way, when you really need support and advice, you'll have people to turn to.

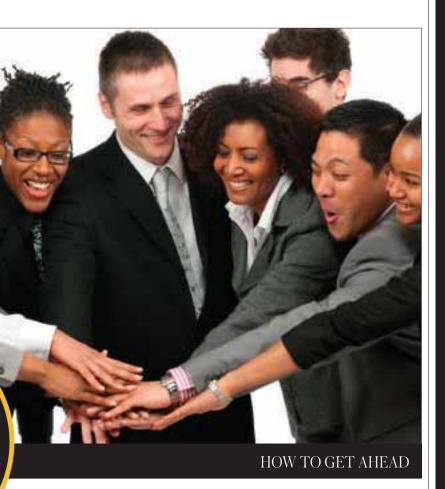


### Don't forget about "wish list" members

Many of us might wish we could have Oprah as our own personal life coach. Though some experts are simply out of reach, that doesn't mean their advice is off-limits. "It's OK to have somebody you know enough about, but you don't know face to face," Kim says. If there's a public figure whose experience you trust, add them to your board's roster and think about what advice he or she might offer.

### Pay it forward

"No matter what stage of your career you're in, there are always opportunities to give back to others," Kim says. If you've personally benefited from having a diverse set of mentors in your life, consider those who might be in need of your expertise or guidance, and return the favor!



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### Mets All-Star break report card

Dishing out grades at the season's midway point.



The Mets are well above .500 and sitting just behind the Nationals going into the All-Star break. Ordinarily, Mets fans would be elated with these results - but off a World Series appearance in 2015, a little more is expected. Here is Metro's mid-season report card for the Mets.



### Starting pitchers

When Matt Harvey is the biggest problem in your rotation, you're bound to have one of the best in the league. Harvey was 4-10 with a 4.86 ERA before opting for season-ending shoulder surgery,

while teammates Jacob deGrom (5-4, 2.61 ERA), Noah Syndergaard (9-4, 2.56 ERA), Steven Matz (7-4, 3.34 ERA) and even Bartolo Colon (7-4, 3.28 ERA) have been fantastic. The rotation that carried the Mets to the postseason in 2015 is leading the way once again.



### Relief pitchers From top to bottom,

the Mets have had a rock-solid bullpen behind their excellent starters. They rank fifth in the league in ERA. Jeurys Familia has converted his first 30 save opportunities, and Addison Reed has been an incredible eighth-inning man. Hansel Robles has held down the fort in middle relief, and has even given the Mets some extended work as their emergency long-



Yoenis Cespedes has been tremendous at the plate for the Mets so far this season. GETTY IMAGES

### **Infielders**

Despite David Wright and Lucas Duda missing extended periods of time, the Mets' infield

has held up well. Wilmer Flores has thrived as the full-time third baseman, hitting .289 in the month of June, and has been even hotter in July (.379). Asdrubal Cabrera and Neil Walker have

been a great doubleplay duo up the middle, and each of them has smacked double-digit home runs. James Loney has also done surprisingly well filling in for Duda at first base (.277).

### **Outfielders**

Yoenis Cespedes has been far and away the Mets' best player, batting .302 with 21 homers and 52 RBI. His slugging percentage (.583) is by far the best mark on the team. Curtis Granderson had a sluggish May that dipped his average below .200, but a strong June and early July enabled him to boost it to .241 going into Sunday, and his 15 homers are second-best on the team. Michael Conforto was manning left field before a cold streak forced the Mets to demote him. But Brandon Nimmo has gotten off to a quick start in his stead, and Juan Lagares has been solid off the bench when healthy.



### **Catchers**

The Mets' search to





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replace Mike Piazza is still ongoing. Travis d'Arnaud hasn't hit for power in limited at-bats this season, and Kevin Plawecki has proved to be an inadequate substitute. Rene Rivera has been a defensive stalwart behind the plate, but his bat is similar to that of former Met Anthony Recker.



### Manager

Terry Collins has made some puzzling lineup decisions this year. Jose Reyes was immediately thrust into the leadoff role despite Granderson's high OBP (.339), Travis d'Arnaud can't get out of the eight-hole, and Juan Lagares can't buy an at-bat against a right-handed pitcher. But Collins is managing his pitchers well. Antonio Bastardo, whom the Mets paid big bucks in the offseason, might've been playing more if Collins was as stubborn as he was just a couple

of years ago. But his struggles (4.91 ERA) have rightfully earned him mop-up duties.

### C

### General manager

Sandy Alderson hasn't done enough to give the Mets their best shot so far. Loney was a savvy pickup, while Reyes remains a work in progress. However, Alejandro De Aza has been awful and should've been cut from the Mets roster weeks ago, yet he remains on the team. And Eric Campbell seeing extended playing time in April and May was terrible. Logan Verrett has posted results ranging from mediocre to bad, yet he has preference over Sean Gilmartin, who's been excellent in brief stints this year after a solid 2015. Alderson can atone at the deadline for these mistakes by picking up another good bat and or another arm for the bullpen.

### **Awesome Andy**



Andy Murray earned his second Wimbledon title Sunday, taking down Milos Raonic 6-4, 7-6, 7-6. Serena Williams won the women's Wimbledon title on Saturday. It was her 22nd Grand Slam title, tying her with Steffi Graf for most all-time. GETTY IMAGES

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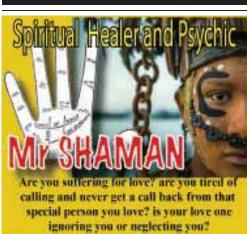
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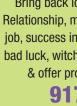
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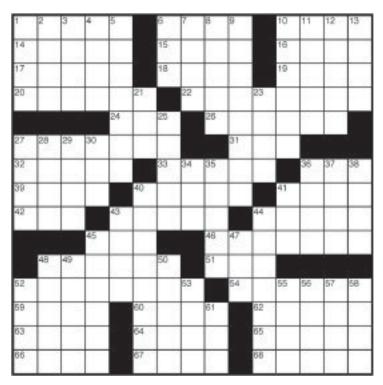
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### metro.us/crossword



Across

1 Witch-hunt locale

6 Two-percent kin 10 Bud holder

14 Handy

15 Jay of late-night

16 Still-active volcano

17 Domain

18 Try again 19 Waterfall sound

20 Transported

22 Boss's farewell (2 wds.)

24 Evil eye

26 "Big Brother" creator

27 Joplin genre

31 Western treaty gp.

32 Bushy hairdos 33 Designer Nina

36 Width of a cir.

39 "Misery" co-star

40 Kim of "Vertigo"

41 Beats the field

42 Cen. fractions

43 Outwitted

44 "Goodfellas" actor 45 Poet's eye

46 Kyoto entertainers

48 Urban nuisance

51 911 responder

52 Calmed down (2 wds.)

54 Evening wraps

59 Arm bone

60 Pavlov or Lendl

metro.us /games

62 Pastoral poem

63 Lock up

64 A Saarinen

65 Leif's language

66 Whale like Shamu

67 Kind of flurry

68 Glutton's drive

### **Down**

1 You bet!

2 Pharaoh's god

3 Yarn spinner 4 Raines of 1940s films

5 Elvis' home

6 35mm camera

7 Hang onto

8 Town near Palm Springs

9 Apollo 11 retrieval (2 wds.)

10 Jingles

11 Round reef 12 Slow one

13 Marshal Wyatt —

21 Pro -

23 "The Bridge on the River —'

25 Copy

27 Risaue

28 Nowhere near

29 Mardi -

30 Freight weight

34 - been had!

35 Sponge off 36 Potluck choice

37 Quechua speaker

38 Garage sale tag (2 wds.)

40 Non-VIPs

41 Unseld of the NBA

43 On the house

44 Preparing cherries

45 Red Cloud's tribe

47 Printer's units

48 Not equatorial

49 Column order

50 Fogg player 52 King dog

53 Purple spud

55 Aroma

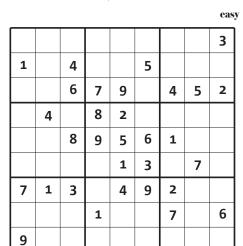
56 Orpheus played it

57 Failing that

58 Malamute's load

61 At present

### metro.us/sudoku



hard

2		6		1				
	3	8	9					
7			6	5			1	
				6	7	8		
8	1			9			3	4
		4	3	8				
	7			4	9			3
					6	4	9	
				3		7		5

### metro.us/horoscopes



Aries Don't make a hasty decision. Your emotions will cause you to be erratic, leading to problems that will be difficult to fix. Put your energy into taking care of your health and money.



Taurus Partnerships look promising. Whether trying to work with someone you love or a colleague, your intuition will guide you in the right direction. Plan a special celebration.



Gemini Keep an open mind, but also be observant of what others are up to. Someone will try to coax you down a questionable path. Don't fold under pressure.

**Cancer** Ask questions if you are uncertain



about something. Don't feel the need to make a change just because someone else does. Invent your own way of doing things. Leo Your serious attitude will surprise someone

banking on your free spirit and generous nature.

He or she will try to persuade you to leap out of

your comfort zone. Protect your money.



Virgo What you offer will be appreciated. Someone you meet will contribute information that will help you make profitable domestic and lifestyle changes.

### Yesterday's answers



Can't wait until tomorrow to check your answers? Visit metro.us



Libra Refuse to let situations bring you down. If you look beyond what is going on around you, you will find a way to make a positive change that will improve your personal life.



Scorpio It's a good day to take or plan a trip. If you focus on the things you do best, good things will happen. Romance is featured, and a change at home will make your life easier.



Sagittarius If you network and ask questions, you will avoid making a mistake due to a lack of knowledge or someone's misrepresentation of what's expected of you.



Capricorn Partnerships will have to be handled with care. Emotions will surface if you are insensitive to the needs of someone you work with or love. Look for an amicable solution.



Aquarius Put your best foot forward in order to turn a profit. A yard sale, new job or change to the way you offer your skills and services will

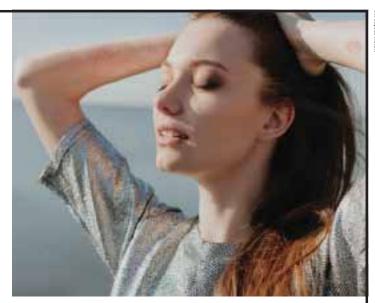


Pisces Don't hesitate when you can take advantage of whatever comes your way. A financial opportunity is apparent. Expense management will help you stabilize your life. EUGENIA LAST

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